

TODAYS LESSON

Title: To understand the different classifications of the stages of adulthood and the characteristics of physical development during adulthood

Success Criteria:

- I can describe stages of adulthood
- I can describe the characteristics of development during adulthood

GETTING OLD



ADULTHOOD

Is the longest stage of the human lifespan and is defined from 18 years of age onwards

Seen as a time when a person is 'grown up'

THREE SMALLER STAGES:

- 1. Early Adulthood (18-39 years)**
- 2. Middle adulthood (40 – 64 years)**
- 3. Later adulthood (65+ years)**

CHANGES: YOU HAVE 20 MINUTES

There are a number of significant life events or milestones throughout adulthood.

Create a timeline with pictures that reflects these events for each stage of adulthood.

Some examples to get you started include:

Turning 18, retiring, getting married and having a family

On you timeline include an age when you believe this is most likely to occur, or research these figures to help you construct your timeline

End



EARLY ADULTHOOD (18-39 YEARS)

- Vote
- Turn 18
- First car
- P plates
- Develop a career
- Go to uni/tafe/apprenticeship
- Moving out of home/buying first home
- Starting a family
- Marriage

- **Finish growth cycle**
- **Turning 18 = adulthood**
- **Entitled to vote**
- **P plates**
- **Finishing Secondary school**
- **Going to Uni/Tafe/traineeship/full time employment**
- **Moving out of home**
- **Establish career**
- **Form permanent intimate relationship**
- **Start new family**
- **Get married**
- **Increase community involvement**

MIDDLE ADULTHOOD – 40 - 64

- Peak in career
- New friendships
- Children moving out of home
- Decline in muscle strength
- Loss of family

- Peak in career
- Retirement
- Increase leisure time
- Children move away from home
- Spend time with grandchildren
- Often take trips
- Greying of hair
- Decline in vision

LATER ADULTHOOD 65 +

- Death of spouse
- Retirement
- Decline in quality of life
- Loss of memory
- More involved in community

- Retirement
- Get involved in the community/ volunteer
- New social networks
- Loss of memory
- Death of spouse/friends
- Death = end

TASK: PAST INFLUENCES

Research some of the significant world or Australian events that have occurred during the life of a current older Australian

You have five minutes



LETS LIST THEM

- Colour TV
- Ash Wednesday
- A war
- Moon landing
- JFK death
- Liberal party formed
- Princess di death
- Cuban missile crisis
- West gate bridge collapse
- Harold holt disappearance
- Sydney harbour bridge
- Opening of Parliament house

Choose one event and answer the following:

- a. How can this event have impacted on their physical health**
- b. How can this event have impacted on their social health**
- c. How can this event have impacted on their mental health**